

# Behavioral Health Consultant



## Are you....

- Experiencing stress?
- Starting to think about quitting smoking?
- Having a hard time managing a healthy diet?
- Struggling with sugar intake?
- Going through a hard time right now in your life?
- Experiencing any painful mental health symptoms (SI, hopelessness, etc.)
- Feeling like you may be drinking or using other substances more than you'd like?
- Dealing with any other behaviors that are interfering with your health?

## The Behavioral Health Consultant (BHC) can help!

**Who is the BHC?** The BHC is a licensed mental health provider who is part of your medical team and is on site

and available to meet with you to address behavioral needs around your health and wellness goals. If your provider feels you would benefit from some behavioral health goals, they may suggest you meet with the BHC following their appointment.

Your visit with the BHC will typically last 20-25 minutes.

## During your visit, the BHC will:

- Begin with an introduction
- Explore the behaviors identified by you and your provider that you would like to focus on improving



- Gather any other relevant information that may be contributing to these behaviors
- Based on this information, advise on possible behavior change plans you could begin
- You and the BHC will agree upon clear and specific behavioral goals and create a plan
- Provide psychoeducation (education on your mental health diagnosis if applicable and available treatment) and/or provide interventions to assist you with your plan
- Schedule a possible follow up appointment if needed to address goals you set together, either at your next provider visit or sometime before

### **What if I need more than what the BHC can provide?:**

- If there are underlying emotional or mental barriers that keep you from being well, the BHC can either:
  - Refer you to a therapist at the FQHC who will set goals with you and provide brief therapy services to address barriers related to these goals over a course of 5-10 sessions
  - Help you schedule an intake with the Aspire Community Mental Health Center for more extensive treatment of underlying emotional or mental barriers that keep you from being well

